

Interlancy
Education



One-on-one Interactive Session

Everything You Need
to Know....

- *by anahita koshur*

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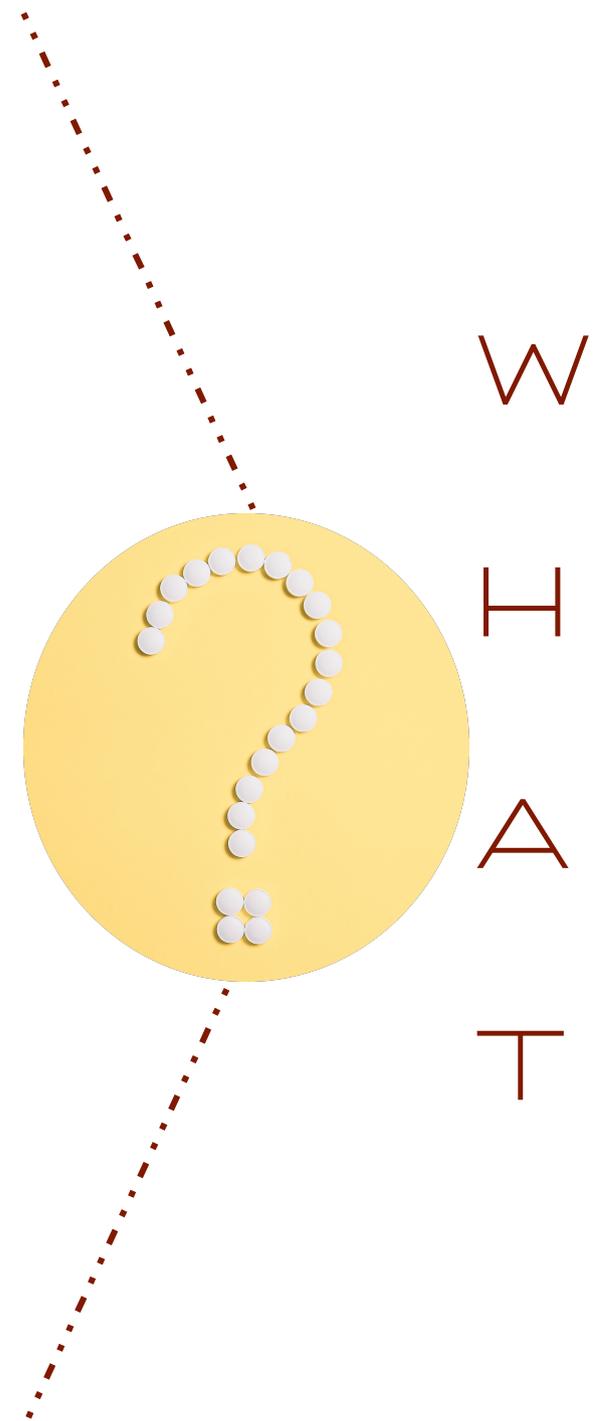
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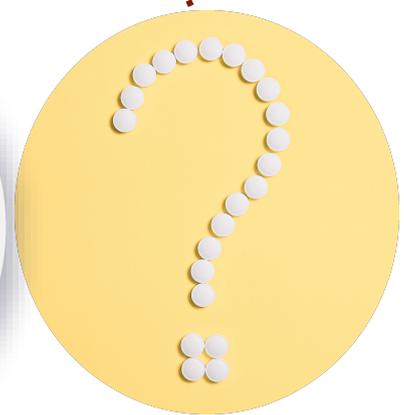


SECTION 1

A BRIEF INTRO

“A pilot project started four years ago, which is designed for the students of class XII and is done on a one-on-one basis every year. It is based on the question-answer format.”





W
H
Y

The entire Session is completely confidential!

1.
Google Form
Filling by
students

To provide
information about
the best colleges/
courses to the
students as per
their interest

(By Gargi
this year)

Free!

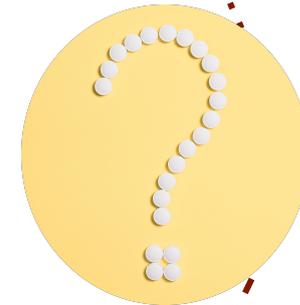
4.
Feedback form
after a month

3.
The recommendations
given in the session will
be sent to the students
the next day

(By Anahita)

2.
Scheduling
Session

(By Anand,
this year)



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PROJECT
REPORT

2020 - 2021

SECTION 2

At A Glance : 2020-21 Emotional Intelligence

OVERVIEW

This session is completely confidential

Flowchart



One-on-one Interactive Session

WHAT?

This is a pilot project started 3 years ago for 12th grade students, which is based on the question-answer format

WHY?

The main objective of this session is to build Resilience through Emotional Intelligence as well as enhance informed decision making in the world of expertise

HOW?

It gives children the confidence to communicate directly with the highest authority

1. Form Analysis

2. More direct questions to test his /her emotional intelligence.

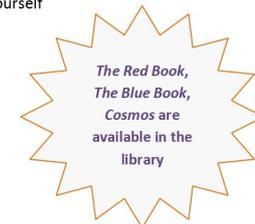
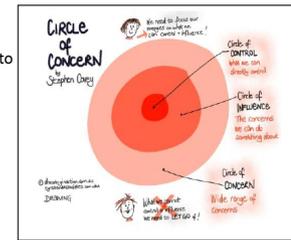
3. Play a Quiz and win an Amazon Voucher worth Rs 200

OR

Draw a question out of 100 questions designed by the London-based organization 'The School of Life'

RECOMMENDATIONS

- During this pandemic, try to know what are the things that you really want
- Pay attention to your feelings
 - Notice and name your feelings
 - Keep a feelings journal
- Managing Perfectionism
 - Remind yourself again and again that your job is to be excellent and not perfect
 - Understand that you do not control everything
 - Develop coping mechanism
- Allow yourself to make mistakes
- Taming your temper
 - Identify what's bothering you
 - Put distance between yourself and the person who irritates you
 - If it is within your control, negotiate - if not, distract yourself
- Do a lot of extracurriculars in college
- It is normal to feel attraction towards someone; do not be ashamed
- Practice saying 'no' and accepting 'no'
- Fight with friends respectfully
 - Think what is hurting you
 - Ask yourself if your friendship is so deep that you can comment on his/her life?
 - Fight on issues, do not make personal attacks



A Sample of Recommendations

FEEDBACK

Define your one-on-one interactive session experience in one word

47 responses



Source : 2020-21 One-on-one Interactive Session Feedback Form

Testimonials

It was the wonderful session. I like the way MD ma'am asked us about our problem in school which she can improvise. I got to know some useful tricks to cope some of the general problems which was quite useful

Anshika Pal

The session was good. It enlightened my mind and I came to know lot more things.. It helped me to overcome the fear of speaking in front of many people (Like - In a debate).

Suryansh Dwivedi

Udaya public school has helped me grow by imparting me with the theoretical as well as practical knowledge. I would like to thank each one of who has helped me take a step towards my goal, the school faculties groomed me with self confidence and practical knowledge

- Satyam Chaurasia

One to one Interactive Session is the most beneficial thing during the lockdown.

As I was counseled by our MD Ms Apurva Tripathi Ma'am on my weaknesses which later helped me to improve them. Her advice is Precious

Saransh Charchit

It was so motivated and helped me lot to make myself emotionally stronger and more better to perform better in life

Vartika Dwivedi

Testimonials

The workshop was educational, reflective and fun. Provided me with new set of tools for day-to-day situations. It taught me about traits in myself that I can now apply to my leadership, gained practical skill and great reference material.

Given me new tools to help me continue working with a team both as a leader and a peer. One of the best workshop I have participated in. I enjoyed the style friendly and informative

- Yash Ojha

Some points I would like to share that I actually learned from this session and which is really obliging for every class 12 students :-

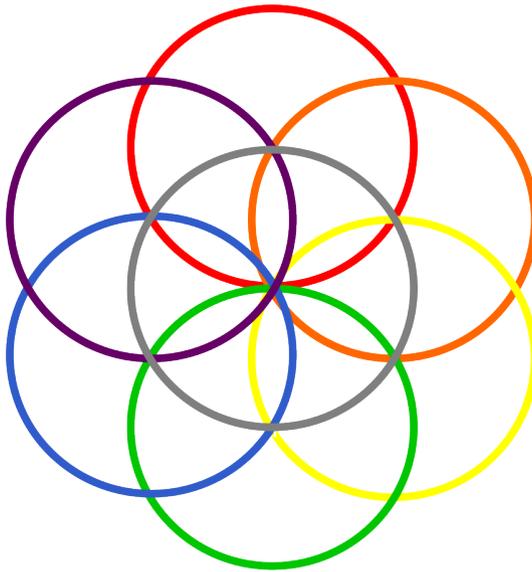
- Positive attitude gives strength to cope and recover from challenges or hardships .
- The session helps to enhance the decision making ; which is the notable point that I discussed in the session and communication skills

- Archita Oberoi

Our experience to the previous year season was very enthusiastic, and fully creative, and gets a lot of information toward how to manage, utilize your talent and time. And don't get depressed by the surrounding.

My words cannot express it all!

- Astitva Rajesh



SECTION 3

THEMES OF THIS YEAR



SHIFT

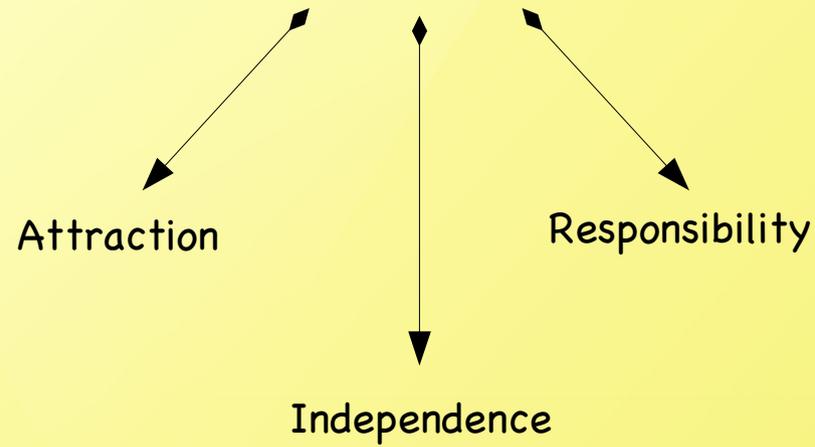
School to
College

A Carefree to
a responsible
one

Adolescence to
Emerging Adulthood

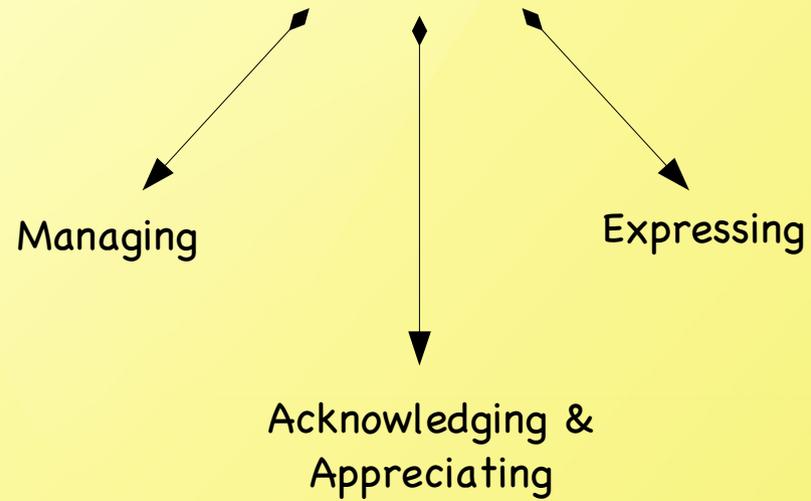


AIR

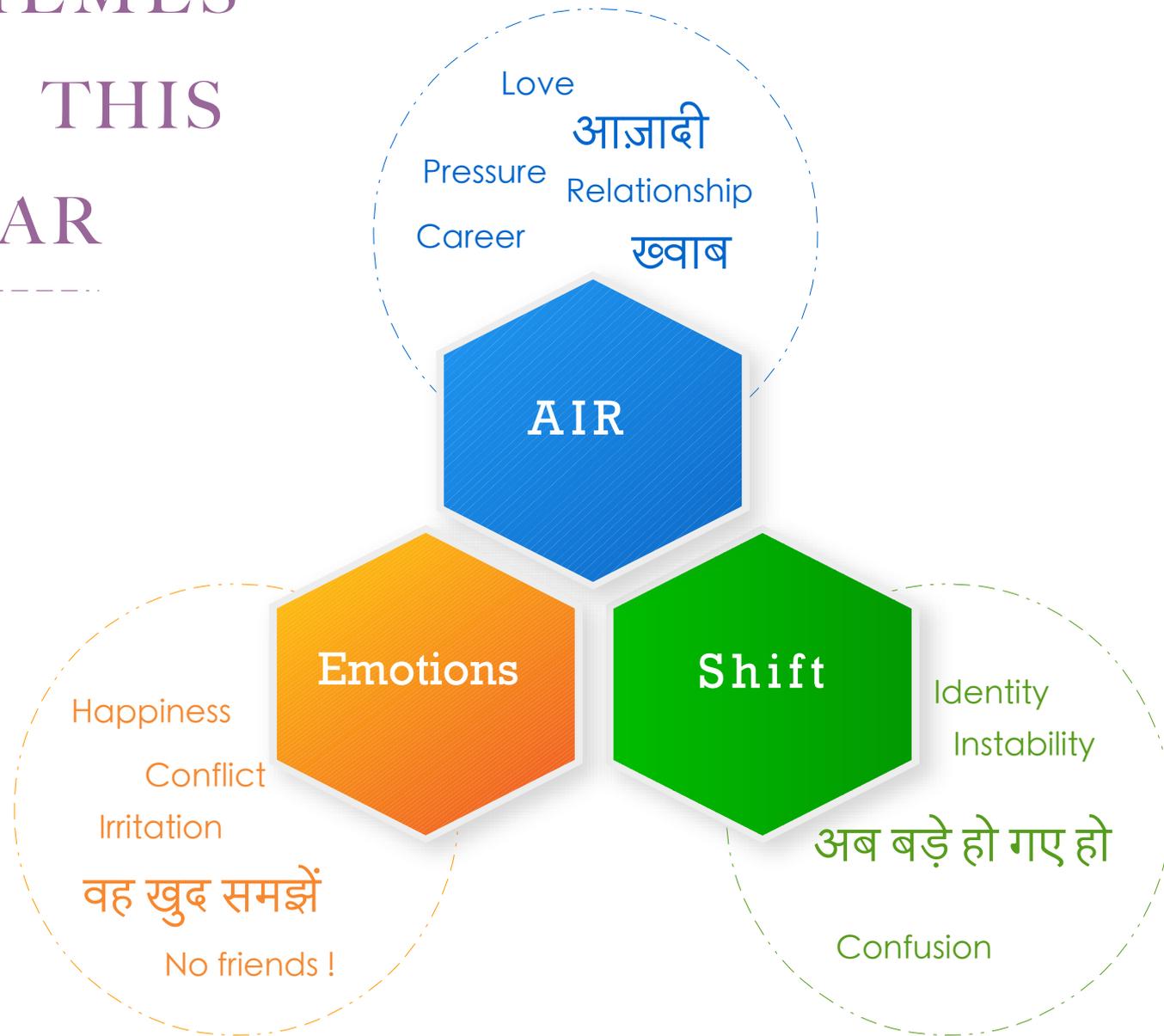




EMOTIONS



THEMES OF THIS YEAR





Udaya Public
School



Interlancy
Education

Thank you

ANY
QUESTIONS?